

**ABSTRACT OF THE DISCLOSURE**

An image forming and recording apparatus, having a fixing apparatus for fixing unfixed toner image on a recording medium, wherein said fixing apparatus comprises: a fixing roller  
5 integrating a heater therein; an endless belt wound around said fixing roller; and three (3) pressure members for pressing said endless belt onto said fixing roller, wherein second one from a side of entry of paper is made at maximum in pressure loading, among said three (3) pressure members, thereby achieving stable  
10 fixing of oil-less toner at high speed.